

WEEK OF: _____



My Bedtime Routine



Bath

Pajamas

Brush

Minutes
Read

Time in
Bed

M

Monday

○ — ○ — ○ — mins — :



T

Tuesday

○ — ○ — ○ — mins — :



W

Wednesday

○ — ○ — ○ — mins — :



Th

Thursday

○ — ○ — ○ — mins — :



F

Friday

○ — ○ — ○ — mins — :



Sa

Saturday

○ — ○ — ○ — mins — :



Su

Sunday

○ — ○ — ○ — mins — :



My Bedtime Routine



Bath

Begin bedtime each night at the same time with a bath. This is the perfect time to learn. Sing songs, practice letters and numbers, and tell stories. Don't forget to clean behind the ears! Use this time to talk about the day and learn from each other.



Pajamas

Changing into a comfortable pair of pajamas will signal to your child it is time to go to bed. Help them when they are younger, and as they grow, build independence by having them change without your help.



Brush

Two minutes of brushing every night and every morning can prevent cavities and help your child's teeth stay brilliantly white. The light-up toothbrush will time the brushing, but you can also sing and count along.



Read

15 minutes of reading every night is all it takes to build a love of books. Have fun, discuss the pictures, ask questions, and use different voices for characters. Your child will learn from your enthusiasm, so make it fun.



Good Night

Have a ritual for saying goodnight. A kiss, high five, hug, or a combination of all of these will signal it's time to sleep. Consistency is key. Plan ahead and try to go to bed at the same time each night.